

Old Winchester Arms, 21
Winchester Rd, Belsize
Park, London NW3 3NR
www.thewinch.org

AUTUMN TERM 2025

For more information:
Call Reece on 07761 956806
Email: Reece@thewinch.org



MONDAY

3.30PM - 5.30PM

**MUSCLE AND MIND
AGES 11-16**

FOR BOYS AND YOUNG MEN

3:30-5:30PM

**EAT CLUB FOR Y7
WINCH KITCHEN**

TUESDAY

3.30PM - 5.30PM

**OPEN ACCESS
AGES 11-16**

WINCH BASEMENT

4:00-5:00PM

**ART THERAPY
ALL AGES**

FOR ENQUIRIES EMAIL
ELLEN@THEWINCH.ORG

WEDNESDAY

4.00PM - 5:00PM

**GIRLS TABLE TALK
ALL AGES**

LAST WEDNESDAY
OF THE MONTH

4.00PM - 6:00PM

**YOUTH ASSEMBLY
AGES 15+**

FIRST WEDNESDAY OF THE
MONTH

THURSDAY

4.15PM - 5:15PM
**SOUTH ASIAN DANCE
TASTER SESSION
ALL AGES**

11 SEPT ONLY!

FRIDAY

3.00PM - 6.00PM

**OPEN ACCESS
AGES 11-16**

WINCH BASEMENT

4.00PM - 5.00PM

**FOOTBALL
MUSCLE AND MIND**

SWISS COTTAGE PITCH

